

Client Centered Approaches: For Individual Behavior Change

DAY 1: Tuesday, September 27, 2005

8:30- 9:00

Welcome/Introductions/Travel

9:00-11:30

• Foundations of Behavior Change

- Strengths, Qualities
- Principles of MI
- Practice: Listening Skills; Open Questions; Summarizing

11:30-12:45

Lunch

12:45-2:30

Skill Practice

- Self Motivational Statements
- Working with Resistance
- Pros and Cons Matrix

2:30-2:45

Break/Travel

2:45-4:15

Skill Practice

- Using Scales for Readiness, Importance, Confidence
- Behavior Change Process

4:15-4:30

Close/Feedback/Travel

